

# SGA candidates debate in Farmer

By DANIELLE STALLWORTH



**Lizbeth Juarez**  
*Running for: President*

Running unopposed, Juarez explained at the debate that her platform is striving for campus improvement when it comes to residence halls, dining services, and recreational spaces. She also said that she wants to make SGA more reliable and help students utilize the resources and services that SGA has to offer.



**Tori Irvin**  
*Running for: Vice President*

Some of Irvin's goals as vice president include making constituent reports more accessible to the student body, getting students more involved with writing legislation and to make sure that SGA is a reliable source for students. She also stated that she would like to make a directory of SGA senators available to students. Irvin is also running unopposed.



**Lily Elmore**  
*Running for: Senior Class President*

Elmore's platform is making sure that the Class of 2018 leaves a positive legacy on campus. Her goals for the senior class president position include unifying the campus, creating more transparency between the SGA and the senior class and giving a voice to underrepresented members of the senior class. Elmore is also running unopposed.



**Justin Williams**  
*Running for: Treasurer*

If elected as treasurer, Williams wants to advocate for more funding for student organizations. He also places importance on transparency in regards to budget spending, and he hopes to become a link between the student body and SGA.



Katie Compton | The Alabamian

**Jordan Wilson**  
*Running for: Treasurer*

If elected, Wilson hopes to bring three key things to the treasurer position: transparency when it comes to tuition dollars and where they are being spent, accountability when it comes to SGA spending, and opportunity when it comes to the student body.

## Freshman Forum hosts first SGA Senator Showcase

By ADRIEL VINSON

This year, Student Government Association's (SGA) Freshman Forum gave students a chance to meet and talk with the candidates running for each senate position at a Senator Showcase event. Here are the some of candidates and what they are planning if elected.

\*Only candidates present at the event were mentioned.

**Senior Senator:** acts as a liaison between the senior class and the senate so that the rest of the senate knows their needs.

**Justin Barrick:** Wants to get a printing station in Harman, update the greenhouse, and get more scholarships for books and supplies.

**Leslie Smith:** Wants to build communication connections between departments increase sustainability, and start a compost heap.

**Junior Senator:** acts as a liaison between the junior class and the senate so that the rest of senate knows their needs.

**Alex Weldon:** Wants to be available for students and to build and maintain an environment that students want on campus.

**Noah Estus:** Wants honesty, for people to know that he is a senator so they know who to talk to, and to leave the position in a better shape than it was in when he entered.

**Sophomore Senator:** acts as a liaison between the sophomore class and the senate so that the rest of senate knows their needs.

**Abbey Thornton:** Wants to get Scantrons put in department offices, the library, and UMOM for more convenient access, publicize SGA legislative initiatives so that students can contribute their ideas and opinions to our legislative solutions, and work with the cafeteria to create a better method of reporting undercooked or unsafe food.

**Rebecca Conrad:** Wants to build

campus unity.  
**Nick Norris:** Wants to be a voice for sophomore students

**Education Senator:** represents students in the education department and helps the rest of the senate to know their needs.

**Brooke Quick:** Wants to represent the student body, communicate the wants and needs of the students and enhance higher education.

**Arts and Sciences Senator:** a student in the arts and sciences college who acts as a liaison between the other students in that college and helps the rest of the senate to know their needs.

**Aryne Hudson:** Wants to serve as a liaison between the college of arts and sciences and the senate,

write legislation to better the campus and be an available voice to represent others.

**Rebekah Koen:** Wants better communication between SGA and students, wants housing and residence to have updated visitation rules and to help get people interested in SGA.

**Athletics Senator:** a student athlete who represents the other athletes on campus and helps the rest of the senate to know their needs.

**Irfana Ahmed:** Wants to publicize athletics and more unification of the campus with the sporting events.

**Joshua Fuqua:** Wants to bring student body closer together and

also provide philanthropy.

**Minority Student Senator:** a student in a minority who represents the other minority students on campus and helps the rest of the senate to know their needs

**Kamisha Davis:** Wants make others aware of minorities on campus.

**International Senator:** an international student who represents the other international students on campus and helps the rest of the senate to know their needs.

**Alice Copland:** Wants to spread awareness of how many international students are on campus and help make things easier for them.

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NEWS in BRIEF

By VANDY MYERS

Large advancements in the world of sickle cell anemia treatments have been made this month. "In a world first, a teenager with sickle cell disease (SCD) achieved complete remission after an experimental gene therapy at Necker Children's Hospital in Paris, researchers say," reported News 3. In 2010, U.S. News reported that approximately 120,000 infants were born with SCD worldwide each year. This potential "cure" would give the global SCD population a higher likelihood to reach an average lifespan, rather than the 40-60 years carriers usually live for in the modern era, an estimate given by the U.S. Department of Health & Human Services.

At the end of 2016, Nintendo revealed their new console: the Nintendo Switch. The mobile gaming device was released on March 3, 2017 for \$300, with the launch title "The Legend of Zelda: Breath of Wind." Sales for the opening weekend of the Switch amounted to over 330,000 units in Japan with the launch title clocking in at slightly over 193,000 units sold, according to Japanese gaming magazine Famitsu. Nintendo advertises the console as the first at-home and portable gaming system combo, designed to be small and easy to handle in addition to possessing television compatibility.

On March 5, President Donald Trump claimed that former president Barack Obama had wiretapped Trump Tower at the end of the previous election campaign. According to The Washington Post, Trump tasked several administration officials to repeat the claim publicly, though they did not put forward any conclusive evidence to substantiate it. FBI Director James B. Comey and former Director of National Intelligence James R. Clapper Jr. did their best to support the accusation made by Trump on March 6. In addition, The Washington Post reported that a congressional investigation has been implemented to look into the claim by Trump and into allegations of Russian interference in the 2016 election process.



# Bike-share program increases awareness in Montevallo

By DEZIRAE BURNETT

It's more efficient than a car, uses less energy than walking and costs nearly eight thousand dollars less annually than an automobile. It's the bicycle.

The University of Montevallo and the City of Montevallo alike recognize and respect the bicycle's untapped potential.

The two have partnered together to advocate for easier access to bicycles for students and community members through the state's first citywide bike-share program, ValloCycle.

"The bicycle is the most efficient vehicle ever devised," said Arthur Herbert, ValloCycle board chair. "Our aim is to create a community around biking."

Evolving from the ideas of UM's Environmental Studies students, ValloCycle became an official city board in 2012. The organization's mission is to give people more opportunities to cycle, even if they do not own a bike.

"When they first started ValloCycle, they got some bikes donated from Regions Bank," said ValloCycle board member Susan Caplow, Ph.D., an assistant professor of environmental studies at UM.

Today, the organization's fleet has grown to include close to 30 bicycles. UM students and members of the Montevallo community can rent bikes for the day or for the semester by becoming ValloCycle members.

Membership includes filling out a ValloCycle membership document at City Hall and paying a

\$20 fee, which is used throughout the semester for bicycle maintenance.

ValloCycle efforts have expanded to include not only providing access to bikes, but to creating awareness of bikes on the roads, establishing bicycle maintenance stations throughout the city and installing new bike racks across campus and town.

Additionally, ValloCycle hosts community glow rides. Participants can bring their own bikes, decorated with glow sticks, lights and colorful reflective tape, or borrow a ValloCycle bike for the ride. No membership is necessary.

Cyclists meet in front of Eclipse at 6:30 p.m. one Wednesday a month. The ride begins around 7 p.m. and lasts between 30 and 45 minutes, encompassing about five miles through residential Montevallo.

Recent rides have attracted as many as 15 cyclists.

"We realized that the bike-sharing part is a really critical part of access and getting people introduced to bikes and comfortable with bikes," Caplow explained. "We kind of wanted to extend out to the general idea of having more bikes on the road."

Board members are also trying to organize daytime rides to alternate with the monthly glow rides for cycling enthusiasts who are unable to participate in one or the other.

"Our monthly social rides create a place for the community to gather and experience the joy and safety of biking with friends,"



A ValloCycle sits outside the Parnell Library, one of many bike check out stations.

Photo courtesy of the City of Montevallo

said Herbert.

While the organization has seen many successes in the last five years, there are still several obstacles it faces.

One such obstacle is membership.

"One of our challenges as a membership organization is that you would only become a member if you want to rent a bike," said Caplow. "So we're going to develop a community membership, like a support membership."

The idea behind this type of support membership is to create lobbying power for ValloCycle as an organization representing cycling interests in town.

Caplow explained that ultimately, this power would be needed for future endeavors such as getting more bike racks installed

or the addition of bike lanes to city streets.

"That's part of why we implemented our rides," said Andrea Eckelman, Ph. D., a UM assistant professor of political science. "Hopefully that will encourage that community building and encourage people to become lifetime members or however we end up doing that."

As a UM partner program, ValloCycle works with several departments across campus to organize student/community events such as hosting Montevallo tours to incoming and returning students during orientation.

"We take them on kind of a tour of city resources, like the lake and Orr Park, kind of giving them a bigger tour of Montevallo that could take a while walking,"

Caplow explained.

Additionally, ValloCycle has paired up with Cahaba Cycles in Hoover to increase the number of bikes on UM's campus.

Members of the organization plan to present the benefits of cycling on campus during orientations, hopefully swaying students to purchase a bike of their own. Purchase forms would be available on-site for those interested. Cahaba Cycles would then deliver the purchased bikes to campus before students began classes for the semester.

"Once you get into it and realize how likable it is, and what a good way that it is to get around, it's not just about renting the bikes," Eckelman said. "It's about being part of the overall biking community."

# UM announces Alabama High School Theatre Camp

PRESS RELEASE, UNIVERSITY RELATIONS



Students who attend the High School Theatre Camp in June will participate in several theater-intensive workshops from the University's experienced faculty.

The University of Montevallo's Office of Partnerships and Outreach is pleased to announce the creation of the Alabama High School Theatre Camp. This camp compliments the already estab-

lished Young Musicians' Camp, Coding Camp and ACT Prep Camp.

The Alabama High School Theatre Camp, held June 11-16, is a statewide residential program

that will provide a process-focused approach, engaging several areas of theater to train young high school actors of all levels.

Students will have the opportunity to learn musical theater

auditioning skills, acting methods for television and film as well as vocal techniques. Aside from performance, participants will also gain knowledge of key technical and design areas of theater, including makeup, lighting, welding and even 3-D printing.

"Community leaders, parents and high school theater teachers have overwhelmingly expressed a desire for the University of Montevallo to host a theater camp," stated Kelli Holmes, director of the Office of Partnerships and Outreach.

"The University strives to be a resourceful community partner, and our faculty collectively represent decades of experience in theater, music, film and TV including work on Broadway, Off-Broadway, national tours and regional productions," Holmes said.

Participants attending this camp will also have the opportunity to earn scholarship money

toward their tuition as prospective University students.

The two top-performing incoming high school seniors who attend the camp will be awarded a \$1,000 scholarship to UM. Additionally, the two top-performing freshman and sophomore level attendees will receive a full-paid scholarship to the 2018 Alabama High School Theatre Camp.

## The Alabamian

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# UM an affordable college for freshmen with financial need

PRESS RELEASE, UNIVERSITY RELATIONS

According to a recent report, the University of Montevallo is one of the most affordable colleges for incoming freshmen with financial need. This analysis was determined by the Student Loan Report, a website covering the latest in higher education financial aid.

Per Student Loan Report's research, the average student who used loans to pay for school during the 2015-2016 school year graduated with more than \$27,000 in debt.

Further, according to UM's Financial Aid office, grant and need-based aid available for UM students increased by 12.5 percent between 2014 and 2015.

Student Loan Report analyzed more than 1,000 institutions to determine which schools offered "the most need-based scholarships and grants to incoming freshmen."

The site found its results by

multiplying the percent of college freshmen with financial need by the average amount of aid they are given.

Of the top 250 culled from that analysis, UM ranked in the top 10 percent at ninety-first, marking it the third most affordable school in Alabama for freshmen in need of financial aid. On average, the University gives a little more than \$9,000 to 92 percent of its freshmen in need.

UM has remained committed to supplying its future students with as much financial aid as possible.

In addition to what is given through U.S. Department of Education Federal Work Study and Federal Supplemental Economic Opportunity Grant funds, the University voluntarily contributes an additional 25 percent match annually to increase funds for students in need.



Further, students can seek aid through participation in the TRIO Student Support Services-Aspire program or by applying for merit-based scholarships. Since Oct. 2015, 21 scholarships were newly

endowed with award amounts averaging around \$1,000 per year. Overall, an additional \$125,000 in scholarship funds are available to students.



# Eclipse hosts benefit concert for Dakota Access Pipeline

By GEORDIE KENNEDY



Patrons listen to a presentation about the Dakota Access pipeline in the Eclipse dining room.

Photo courtesy of Ryan Ahrendt

On Thursday, March 2, Eclipse was host to a night of music and activism with a benefit concert in support of the Dakota Access Pipeline protests, put on by UM’s Environmental Club. The night included music from several local artists as well as a speech from journalist and activist John Wathen, who had spent nearly seven months on the primary protest camp in North Dakota. The benefit was in response to

the protests on the Standing Rock Sioux Reservation. Proceeds from the event went to supplies and aid for the protesters remaining at the site as well as other efforts under the #NODAPL movement. The movement as a whole began with the unveiling of the complete plans for the Dakota Access Pipeline. The DAPL, as it’s been called, is an ongoing project for a pipeline which would transport crude oil from the Bakken

shale oil fields of South Dakota to Patoka, Ill. These plans have caused major outcry in the area, primarily among the local Native American population. The #NODAPL movement began as a response to the plans for the pipeline extending through Sioux territories. The presence was projected to not only prove dangerous to the local drinking water, but would possibly run through sacred burial sites.

The grassroots movement began after a suit filed by Standing Rock was rejected by the U.S. Army Corps of engineers. It was at that point that the people of Standing Rock, led by elder LaDonna Brave Bull Allard, began the central protest camp. “What we learned at Standing Rock began a movement,” says John Wathen, the night’s featured speaker. He spoke in reference to the multitude of new protest

camp appearing across the country. “That prayerful, peaceful camp type of action is spreading.” The night’s goal was not only to raise funds, but to inform local activists of the legitimacy of the protests. Those listening were also given insight into the reported injustices done on part of the South Dakota State Troopers. “We were met with more and more hostile militia-type police actions,” says Wathen, “they became more and more aggressive in their approach to us.” This sentiment is in line with allegations put against the State Troopers. These accusations include use of attack dogs, point blank rubber bullets and water cannons against unarmed protestors. Despite the hostility surrounding the events of Standing Rock, the night at Eclipse was relaxed and respectful. Then the lights of the central room were dimmed, with a simple projection on the wall of a road sign labelled “entering Standing Rock Reservation.” The music for the night was primarily acoustic and alternative, delivering a message of peace and protection. For further information on the events of Standing Rock, Wathen’s account is recorded on [standingrockjournal.blogspot.com](#). Anyone interested in aiding the cause may donate to [stand-withstandingrock.net](#) or sign any available petition on the same website.

# SafeZone Committee hosts trans issues discussion

By KESHIA MCCLANTOC

On Thursday, March 9, over 30 students, faculty members and local Montevallo community members alike showed up to Wills 200 for the SafeZone Committee’s “Trans Issues in Today’s Society” panel. This panel aimed to debunk any myths and misconceptions about the transgender community and invited audience members to participate in the discussion. The panel included two members from the Montevallo community, Elaine Stevens and Sim Butler as well as University of Montevallo student Prima Hall. The panel also featured Amanda Keller and Steve Regal, who both work for and have professional connections with LGBT+ organizations in Birmingham, Al.

Butler spoke first and told the crowd about his transgender daughter and the experiences he had in learning about the transgender community. Elaine Stevens talked about how her own transition did not happen until much later in life because she did not have the language to understand herself early on because no one spoke about transgender issues. Hall added to the discussion by talking about her experiences of coming out as both pansexual and transgender in high school and the prejudices she had to face. Both Regal and Hall talked about the legalities of transgender issues and the different LGBT+ outlets, such as the Birmingham AIDS Outreach and Magic City Wellness

Center, available to address and assist in these legal issues. The panel then opened up to the audience and discussed a number of issues, including body issues, disassembling gender, cultural influences and the outreach efforts made by people both within and outside of the transgender community. Donovan Cleckley, sophomore English and Cultural Critical Studies double major, said “quite often, I think queer people and trans people are subject to dehumanization, essentially being stripped of their personhood as they are viewed as body parts.” Cleckley also said this panel made him feel happy that perhaps one day people will engage in mean-

ingful dialogue and hear other people’s stories. “People need to be educated on the subject and less afraid of how different it is, said Levi Evans, a member of the local Montevallo community. “The panel was a group of wonderful people that all had amazing stories that helped me become a little bit more comfortable with myself, as a transman.” He added that he’s happy to have seen someone from the Magic City Wellness Center come and speak because that is where I’ve been going for therapy and eventually hormone therapy. This panel proved to be a very productive discourse. The members of the panel were able to present their unique experiences

with the transgender community and the audience was given a chance to ask any and all of their questions. These questions led to a discussion and certainly kept the promise of debunking myths and misconceptions about the transgender community. This panel, along with many other services, is one of the many initiatives the SafeZone Committee hopes to continue to do in order to help the University of Montevallo become a more inclusive and safe community.

# Beginners and experts share chess culture

By ZACH MILLER

If you are walking past Hill House on a Wednesday evening, do not be alarmed if you hear a sudden exclamation of “check-mate.” It’s only the Montevallo chess club’s weekly meeting, where its members are enjoying a casual atmosphere learning to play chess and discussing other common interests. The club is not just for chess experts but for anyone interested in learning chess from scratch as well. More advanced members will teach novices about the game during meetings. The club has been meeting almost every week since it started in 2012. The club started when its sponsor, Dr. Scott Varagona, a UM mathematics professor and life-long chess player, heard demand for it from some of his students. “When I was hired here, I knew that there had been a chess club years ago, but basically it was defunct,” said Varagona. “So I thought that would be a great thing that I could do for the University, create a new chess club.” Varagona found a few interested students who helped him set everything in motion including writing the club’s constitution.

The atmosphere of the club is very casual with about 10 members who show up weekly. Many others show up sporadically throughout the semester. One of those guiding members along is the club’s president, Colton Vandiver, a fourth-year physical education major, who has been with the club from the very beginning. “I was only taking twelve hours as a freshman and had so much free time I was doing everything I could find,” said Vandiver. “I was playing a pick-up game of chess with someone when I heard about chess club,” he added. “That was on a Tuesday and the next day I showed up to chess club.” Vandiver became the club’s president by a vote of the membership. As only so many members show up on a regular basis, he believes he rose through the ranks by accident. Last year he served as the club’s vice president. One member that does not miss meetings is Varagona. He loves chess and chess culture so unless there are unusual circumstances you can expect to find him at the meetings. Varagona sees the club as a good way to further academic achievement in some students, particularly mathematics majors.



Students from the Montevallo Chess Club line up the white side of the board and prepare for the battle to come.

Zach Miller | The Alabamian

“I like to say that the class is an excuse to study math using chess and an excuse to study chess using math,” said Varagona, who has taught a course called the Mathematics of Chess. “There is so much interplay between chess and mathematics, and that is what

the class is all about.” The club has seen success in furthering the skills of some of its members such as its president. “My skill level has probably doubled since I’ve been coming to chess club,” Vandiver said. “Before, I wasn’t all that good.”

Varagona and Vandiver agree one’s “chess I.Q.” can double by attending the weekly club meetings on Wednesdays at 7:30 p.m. in Hill House.



# “Beauty and the Beast”: Gay LeFou, Le Flop?

By COURTNEY McCULLOUGH



Gaston berates LeFou in the classic angry mob scene in “Beauty and the Beast.” Photo courtesy of Disney

Disney’s “Beauty and the Beast” will show the first canonically gay Disney character, LeFou. There has been some backlash from more conservative fans of Disney, a drive-in theater is even refusing to show the movie due to the character.

Like with many cinematic choices, the choice to have LeFou

be gay has some pros and cons. One pro of LeFou is a small representation of the LGBT+ community in a Disney film. Who knows how many in the community will watch this movie and think “there’s a character for me now in Disney.” Those that are still “in the closet” may feel safer about coming out to parents or to friends. One con could be that conservative parents may not take their children to see the movie, causing enough backlash so that Disney refuses to make another gay character. LeFou is also a villain, or at least the sidekick to the villain. What if his presence as a gay man on the villain’s side makes others perceive gay people as villainous? The scene where LeFou’s sexuality comes into play is written as a moment of confusion and a circulation of feelings. The director of the film, Bill Condon, reportedly said on the subject, “He’s confused about what he wants. It’s somebody just realizing he has these feelings.” This could make for a

wonderful coming out/coming to terms scene that could resonate with anyone in the LGBT+ community in the audience. But again, LeFou is a villain’s sidekick whose name literally translates into “The Fool.” Names tend to have meaning for Disney characters, so are they going to turn him into the butt of the joke like they did in the animated film? Or will they take better care of this character and how he is treated because of what he will represent? Joshua Love, a sophomore family and consumer science human development major and a member of Spectrum, an inclusive club for LGBT+ students, shared his own thoughts of LeFou. He is glad that there is a gay character in a Disney movie because it means someone in the audience, whether a young child or an older Disney fan may see someone that represents them. “I support him. Not only do young and old LGBT+ members deserve a role model in film, but it is the right move toward realistic portrayal. “Beauty

and the Beast” may take place in France’s history, but homosexuality has always been present.” He feels that being gay will give LeFou a bit more personality than he had in the animated tale. For Nichole Dees, a freshman family development and child care major, this character will not stop her from seeing the live-action version of her favorite movie. “I have no honest opinion on the “gay scene.” It’s not showing contact, it’s probably just a song. He admires Gaston, just like in the cartoon. If this LeFou is gay, so is cartoon LeFou.” She said she didn’t see a big deal in him being gay and that a little diversity never hurt. I personally want to see the movie. I enjoyed “Beauty and the Beast” as an animated film and now I want to see the live-action version. I want to see just how Disney handled the “gay scene” with LeFou, to see if they made it seem like a seamless part of the character or if it used as a joke.

## On The Bricks with KESHIA MCCLANTOC

- 1) What does Women’s History Month mean to you, particularly when living in the more traditional South?
- 2) Do you think Montevallo does enough to honors Women’s History Month and our previous history as a women’s college?
- 3) Is there a particular woman in Alabama or Montevallo’s history who inspires you?



Taylor Hawkins, Sophomore Psychology Major

- 1) To me, WHM is a reminder of the important and vital role women make to society. Living in the South, it can be difficult for women to break out of traditional roles without facing stigma so this month is especially important to us Southern girls so that we can be reminded of our potential.
- 2) I would love to see some sort of program that highlights important women of Alabama and highlights their contribution, especially with Montevallo’s history as a women’s college.
- 3) Coretta Scott King, wife of MLK, was born in Alabama and she was a big player in the Civil rights Movement. I admire her strength and support for her husband as well as the fact that she had her own voice which she used to share her disapproval of current Attorney General Jeff Sessions.



Ryann Taylor, Junior English Major

- 1) This is going to sound cheesy, but to me it means celebrating women in ways that a lot of people haven’t been exposed to. We all have women we admire, but WHM gives us an opportunity to open the conversation and open other people’s eyes to our fight for equality that is still happening.
- 2) I think Montevallo could do better celebrating Women’s History Month and celebrating our founding as a women’s institution. I feel that the people in Montevallo celebrate WHM in different ways, but if we didn’t wear red shirts on International Women’s Day I don’t know if I would even be aware there are other people out there trying to celebrate women.
- 3) Alabama has two women who inspire me: Harper Lee and Zelda Fitzgerald. They both led lives that were unapologetic about being themselves. One was essentially a hermit and the other was very flamboyant. My professors that are women have all really made an impact on me. They’ve inspired me to deeper thought and have given me kind of a blueprint for success based on their experiences. I couldn’t ask for better instruction in and outside of the classroom.



Xavier Scruggs, Junior Political Science Major

- 1) WHM is a month to celebrate all women who have contributed their time and talent to achieve goals of greatness, equality and justice. This celebration is especially important in the South with its traditionalistic values, which still hold sexist roots.
- 2) They could do more in its commemoration of women’s contribution to the world and to this University. Women have done so much and most of the time it goes unnoticed. There should be more recognition of women from the past and present.
- 3) I am thankful for all women at Montevallo that have encouraged, supported and offered advice on my academic journey.

## Letters to the Editor

Dear Ms. Stallworth,

I began my meditation journey two years ago when I returned from my first trip abroad. Coming back to my mundane life in the States was difficult; it was as if I had been cut off from adventure and discovery. I felt very depressed until I started learning how to observe those negative emotions in a more curious light. Before I knew it, I had rekindled adventure and discovery within my own mind. I found that sitting in complete stillness and silence for just ten minutes a day enabled me to grow in self-awareness, cultivate focus and fearlessly

explore my deep-rooted personal traumas. Learning how to turn my attention inward has provided me with immense clarity during a very confusing time in my life—the transition into adulthood. This is why I think it is important for college students to have opportunities to practice Meditation. This is why the University of Montevallo should offer a “Mindfulness Meditation” course. Mindfulness is a practice centered on bringing awareness to your feelings and thoughts on a moment-to-moment basis, a conjoining of heart and head. It’s about bringing the subconscious mind

into the forefront where the harmful inner dialogue can be dealt with more healthily. Its purpose is to guide you to accept your existence in the present moment. Skeptics need not worry, it isn’t simply a product of throwing your razors away and using essential oils. As a university that prides itself in “unconventional wisdom” I think it’s time the University of Montevallo works its way towards offering a three-credit-hour “Mindfulness Meditation” course by the Spring Semester 2018. We could model our class similarly to Syracuse University’s interdisciplinary “Meditation Habitat”

course which invited students to create visual art installations embodying contemplations of “sustainability, collaborative community building and wellness,” accompanied by enlightened guest speakers to provide the students with a new perspective on balancing professional, personal and environmental goals. The first step for the University of Montevallo is to reach out into the broader community and find a meditation instructor to begin teaching bi-weekly meditation classes alongside the existing extracurricular activities.

Sincerely,  
Calliope R. Pettis



# UM Bass Anglers’ Association ranked 8th in the nation after tournament win

PRESS RELEASE, UNIVERSITY RELATIONS



UM students JT Russell and Chase Grubbs hold their championship qualifying catches at the end of the Carhartt Bassmaster College Series Regional.

Photo courtesy of B.A.S.S.

The University of Montevallo’s Bass Anglers Association is now ranked the eighth best collegiate fishing team in the country according to the most recent standings by Cabela’s School of the Year. The designation comes after the team placed in the top 13 during the Carhartt Bassmaster College Series Regional.

Between March 2 and 4, 77 boats representing Southeastern colleges and universities took to the waters of Winyah Bay in South Carolina to hook the biggest catches.

By day one, three UM boats were in contention to make the top 20. UM students Porter James and Jarrett Brown managed to finish in eleventh place while JT Russell and Chase Grubbs placed fifth. John Caleb Turner and Brady Vernon finished in twenty-fourth place.

On day two, the top 20 boats competed. James and Brown finished in thirteenth with Turner

and Grubbs following in fourteenth. Turner and Vernon placed twenty-eighth, missing the cutoff by only 3 pounds.

On the tournament’s final day, Russell and Grubbs found their national championship spot placing twelfth in the final 13. They will compete in the Carhartt Bassmaster Colleges Series National Championship presented by Bass Pro Shops later this summer for a chance to compete against pro-anglers in the Bassmaster Classic. This will be the first time since 2013 that UM has fished the national championship.

The other UM anglers will have one more chance to qualify for the tournament during the weekend of June 8 when the University hosts a wild card event on Shelby County’s Lay Lake. That tournament’s final weigh-in will take place on the UM campus. For the latest information on the UM Bass Anglers Association, visit [outdoorscholars.montevallo.edu](http://outdoorscholars.montevallo.edu).

# Montevallo lacrosse improves in second season on campus

By ALEX TAJADA

Frank Rogers and the women’s lacrosse team have opened 2017 with a 5-5 start to the new campaign. The Falcons have recorded a first conference win and look significantly improved from last year’s 6-12 inaugural season. Last year’s top scorer, Jami Hudak, leads the Falcons on goals again this season. She has 24 goals despite missing the first two games. Irfana Ahmed leads the Gulf South in saves with 93. Jess Culver leads the Falcons in assists. The Kansas City native has 13 in her sophomore season and has chipped in with 12 goals as well. Lara Schuetz has 15 goals and nine assists from midfield.

The Falcons opened their second season with a rematch of an overtime thriller. Montevallo beat Oklahoma Baptist 18 to 17 in their first season and welcomed the Bison to open 2017. Another close contest was decided with three minutes left in the game, when Jess Culver scored the winning goal. Montevallo followed it up with another victory, this time on the road at Point University. Freshman Meghan Shea scored her first goal and has formed a successful midfield partnership alongside Lara Schuetz and Georgi Griffin.

After the first two contests, the Falcons entered Gulf South play. They got off to a rocky start after dropping three games straight. Despite scoring in double digits in two of the games, Montevallo lost contests against Shorter, Young Harris and UAH. They completed the first half of their

conference schedule at home to Lee. The Falcons picked up a first conference win in emphatic style. A 20-4 demolition of the Flames was marked by Hudak’s eight goal, single game record, breaking the seven goal mark set earlier in the season by Alyssa Kaminski. She is third on the team in overall scoring, with 19 goals so far.

Next, the Falcons suffered a losing weekend in Florida. They fell to nationally ranked Tampa and Florida Tech, both losses by double digits. However, the Falcons responded with two victories that help maintain their unbeaten home record. Montevallo destroyed first year team Ohio Valley, by an 18-5 scoreline. They built on their success by beating fellow second year team, Davis and Elkins, 17-4 on a rain soaked afternoon. The Falcons face two road tests this upcoming weekend. Coach Rogers’ team plays Barton and North Greenville before returning to conference play on March 25 against Lee. They face a road clash with Oglethorpe before returning home on April 8. The final three games are at home against Gulf South opposition. They face rematches with Young Harris, Shorter and UAH to close out a second season.

As well as amassing an impressive win total, the Falcons have conference honors to show for their hard work. Freshman Alyssa Kaminski won a Gulf South Freshman of the Week Award in March. Other freshman have also provided huge impacts in their



Lara Schuetz and Lauren Duckworth high-five after a goal.

Photo courtesy of UM Athletics

first year. Janey Johnson is second on the team in assists, with 10 in her debut campaign. Summer Stehmeier and Caroline Krupa have joined Jalyn and sister Aliya in the defense, which has seen vast improvement from last year. But it hasn’t just been about freshman. The most experienced player, Lauren Duckworth, is second on the



















team with her 21 goals and third in assists, with nine. The Falcons have also found more goals from the midfield this season. Schuetz and Culver have scored 15 and 12 goals respectively. Shea and Griffin in the midfield have chipped in for 12 goals even shared. Coach Rogers’ third time starting a collegiate lacrosse program is looking to

show signs of significant progress. The Falcons are pushing for a winning record in their second year, an incredible feat considering the short period of time. With seven games left to play, Montevallo’s season is poised on a knife’s edge. Stay tuned at [montevallofalcons.com](http://montevallofalcons.com).

GO TO THE GAMES!

For more scheduling information, visit [montevallofalcons.com](http://montevallofalcons.com)

Graphics courtesy of UM Athletics

<div>BB</div> <div>WED. MAR 15</div> <div> VS </div> <div>UNIVERSITY OF NORTH AL... 5 P.M.</div>	<div>BB</div> <div>FRI. MAR 17</div> <div> AT </div> <div>FLAGLER COLLEGE 5 P.M.</div>	<div>WLAX</div> <div>FRI. MAR 17</div> <div> AT </div> <div>BARTON 2 PM</div>
<div>WTRACK</div> <div>FRI. MAR 17</div> <div> AT </div> <div>EMORY UNIVERSITY INVIT...</div>	<div>MTRACK</div> <div>FRI. MAR 17</div> <div> AT </div> <div>EMORY UNIVERSITY INVIT...</div>	<div>MTRACK</div> <div>SAT. MAR 18</div> <div> AT </div> <div>EMORY UNIVERSITY INVIT...</div>
<div>WTRACK</div> <div>SAT. MAR 18</div> <div> AT </div> <div>EMORY UNIVERSITY INVIT...</div>	<div>WLAX</div> <div>SAT. MAR 18</div> <div> AT </div> <div>NORTH GREENVILLE 1 PM</div>	<div>BB</div> <div>SAT. MAR 18</div> <div> AT </div> <div>FLAGLER COLLEGE 1 P.M.</div>



## Fashion on the Bricks: Interview Attire

By LILY DICKINSON

While everyone loves the days where you can sit back in your favorite pair of sweatpants, sometimes you just have to put in a little more effort. And when is a time where effort in your look can be the key to success? A job interview!

On Thursday, March 2, the Minority Student Union put on a fashion show to teach students the do's and don'ts of business attire. Here are the awesome tips they gave students.

### 1. Pants

**DO:** Wear nice dress pants or slacks. You can also opt for a nice skirt.

**DON'T:** Jeans are a no-no in general, but especially no torn-up jeans!

### 2. Shirts

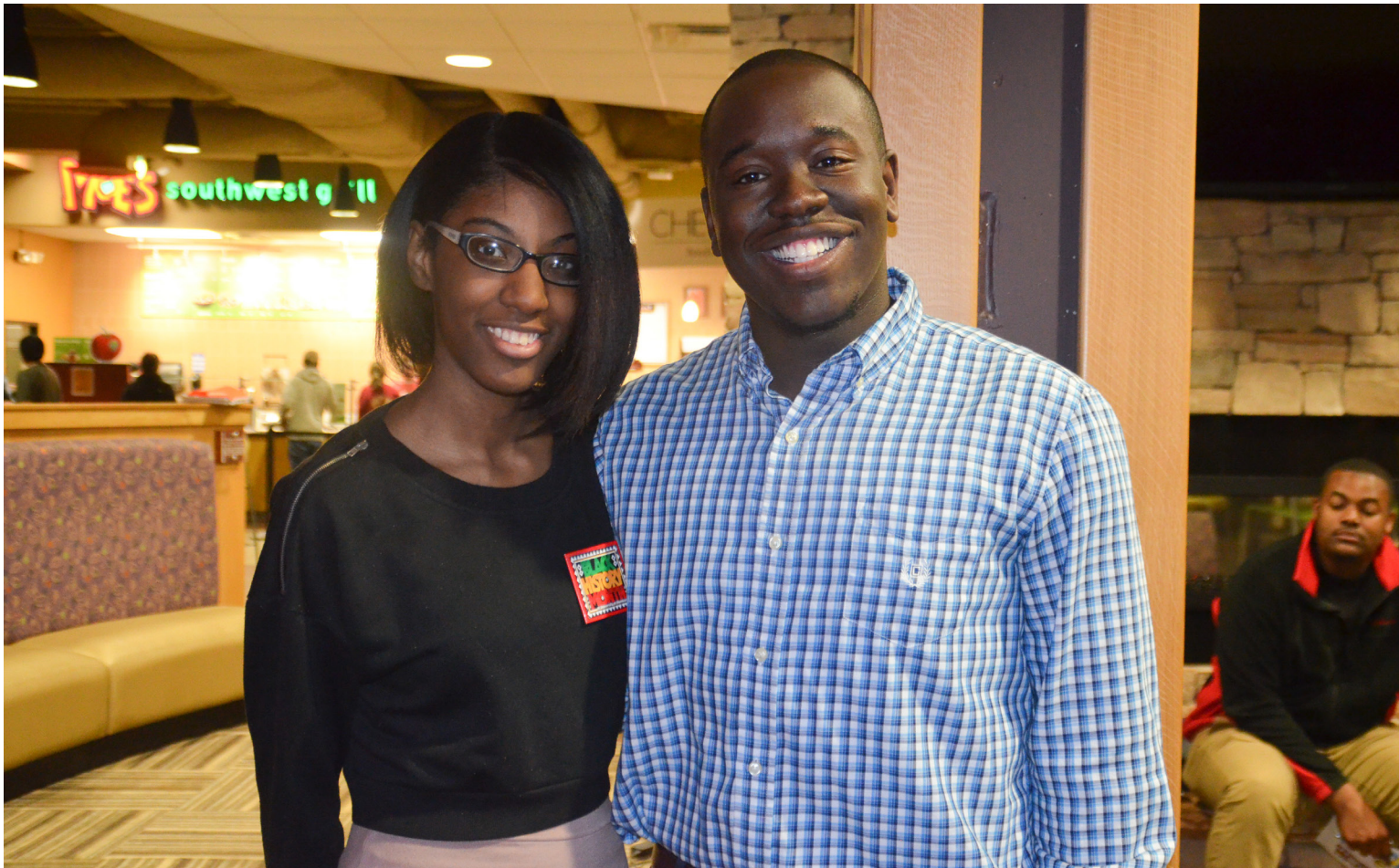
**DO:** Business casual or dress shirts are perfect. Or perhaps a nice, classy blouse. Whatever you choose, just make sure that dress shirt is tidy and tucked in!

**DON'T:** Don't wear anything too sloppy or revealing. And keep away from t-shirts!

### 3. Shoes

**DO:** A nice pair of dress shoes, or a classic pair of closed-toe pumps can help you walk away from the interview in style.

**DON'T:** Open-toe shoes, sneakers, or any more casual shoes won't give an interview a good impression.



Nia Taylor (left) and Xavier Scruggs (right) stand interview ready for the Dress For Success Fashion Show.

Katie Compton | The Alabamian

### 4. Accessories

**DO:** If you wear a dress shirt, you might opt for a tie, but otherwise remember: less is more!

**DON'T:** Hats are a huge no, and also try to stay away from dangling jewelry.

The M.C.s of the night, Nia Taylor and Xavier Scruggs, also offered some additional advice for interviewees so their business readiness extends beyond their clothing. "Be confident," Taylor said. "Always be confident in your answers to questions."

"One important tip is to always show that you're interested," Scruggs said. "Make sure your posture is up, leaning forward. Research shows that leaning forward definitely makes you seem interested and it creates a more intimate atmosphere." Scruggs adds, "That non-verbal cue is al-

ways great to incorporate because it shows you're actually engaged and you actually care about what you're doing."

So as you get ready for your next interview, remember these tips and you'll be able to knock the socks off your interviewer with your style!

Show us your best interview ready attire! Tag us in a selfie showing off your best business clothes with **#UMInterviewReady** for a chance to be featured on our page!

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